ADDICTION SERVICES

OF

PRINCE EDWARD ISLAND

ANNUAL REPORT

1986 - 1987

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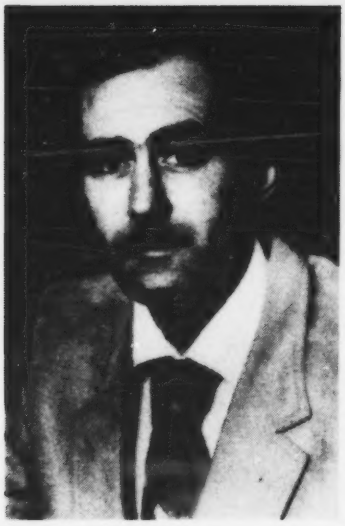

Charlottetown
Prince Edward Island
March 31, 1987

The Honourable Lloyd G. MacPhail
Lieutenant Governor of Prince Edward Island

May It Please Your Honour:

I beg to submit, herewith, for your consideration the annual report of Addiction Services of Prince Edward Island for the fiscal year ended March 31, 1987.

I have the honour to be,
Sir,
Your obedient servant,

Keith Milligan
Minister Responsible
Addiction Services of
Prince Edward Island

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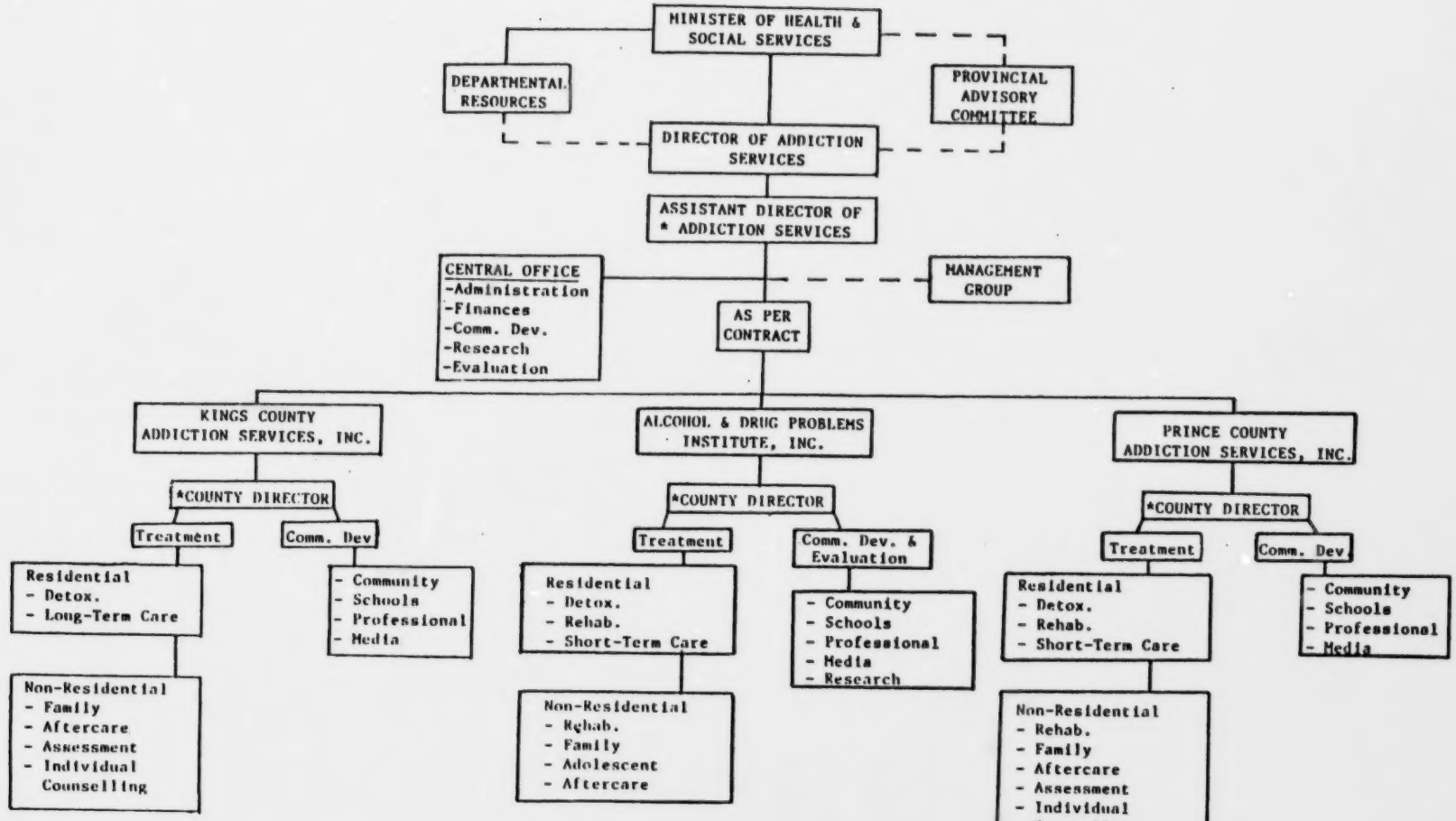

*Denotes member of Management Group

CENTRAL OFFICE

P.O. Box 37
McGill Avenue
Charlottetown, P.E.I.
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TELEPHONE: 892-4265

CENTRAL OFFICE

The general mandate of Central Office, Addiction Services of Prince Edward Island is to establish guidelines and engage in an ongoing monitoring and evaluation process with the contracted County agencies; to be responsible for the development and implementation of research and evaluation programs as requested by the Counties; and to oversee the management of financial matters in consultation with the County agencies.

The staff of Central Office is under the Director of Addiction Services who reports directly to the Minister. The Director is the Provincial representative on the federal-provincial "Sub-Committee on Alcohol and Other Drug Problems" and the regional group of the four Directors of Addiction agencies in the Atlantic Provinces. The Assistant Director consults with the three County Directors to discuss common concerns and possible joint ventures. The Assistant Director supervises the Central Office staff in their efforts to carry out their mandate.

To better serve the needs of the chemically dependent person and/or their families, the staff of Central Office works closely with the staff of Kings County Addiction Services, Alcohol & Drug Problems Institute and Prince County Addiction Services. The Boards of the three County Agencies set policy, allocate funds and hire a County Director to administer programs, continue to develop, implement and maintain community development and treatment programs in their respective county as required in the contracts signed with Government.

PROVINCIAL COMMUNITY DEVELOPMENT/PREVENTION PROGRAMS

Provincial Community Development/Prevention programs are coordinated by the Community Development Coordinator, Central Office, and presented in cooperation with the county personnel to various provincial groups, government and private, through lectures, displays, audio-visual presentations and material resources. They aim at increasing public knowledge and understanding of our services, of alcohol and other drugs, and of the effects of chemical dependency on oneself, the family, and the community. Some of the groups who took part in sessions were student nurses, police cadets, civil servants, and the management staff of Queen Elizabeth Hospital. Manned displays were available throughout the year at various activities.

In regional and national addiction issues the Community Development Coordinator represented Addiction Services on the Atlantic Drug Awareness Week Committee, the Marketing Working Group of the National Impaired Driving Program and the Marketing Working Group of the National Drug Strategy. The latter two programs are a cooperative effort of Health and Welfare Canada and the government of all provinces and territories. On the provincial level the Community Development Coordinator continued to meet regularly with her county counterparts in order to coordinate activities in the schools and community, the activities and collateral material for Drug Awareness Week, to review materials and pursue other mutual interests. Addiction Services was represented on the Prince Edward Island Council on Smoking and Health by the Community Development Coordinator.

Mr. Jack Blanchard, Student Services, University of Prince Edward Island, conducted a staff training workshop for personnel of all three counties and Central Office. This was coordinated by the Community Development Coordinator.

A literature supply, consisting of pamphlets, books and periodicals, was maintained by the Community Development Coordinator for use by county staff and the general public.

INFORMATION/TRAINING SESSIONS COORDINATED BY CENTRAL OFFICE

Number of Sessions	31
Attendance at Sessions	498
Number of Individuals	340

KINGS COUNTY ADDICTION SERVICES

Breakwater Street
P.O. Box 100
Souris, P.E.I.
C0A 2B0

TELEPHONE: 687-2150

BOARD OF DIRECTORS
KINGS COUNTY ADDICTION SERVICES
APRIL 1, 1986 - MARCH 31, 1987

Sister Elizabeth Dunn, Chairperson

Mr. Louis Callaghan

Mrs. Mellie Glover

Mrs. Mary Kelly

Mr. Basil MacDonald

Mr. James MacDonald

Mr. Joseph MacKinnon

Mr. Roddy MacLeod

Mrs. Marcella MacRae

Mrs. Linda Moore

MANAGEMENT PERSONNEL

Mrs. Peggy MacInnis, R.N.	Kings County Director
Ms. Maureen McIver, R.N.	Nursing Supervisor
Mr. Alfred Egan, B.A., B.Ed.	Community Development Coordinator
Dr. Donald Vickerson	Medical Consultant

DETOXIFICATION PROGRAM

The Kings County Detoxification Unit is located in Souris on Breakwater Street. It is a twelve-bed facility and is functional throughout the entire fiscal year.

The primary fucntion of the Unit is to provide a protective setting which allows clients to withdraw safely from alcohol and other drugs under medical supervision.

A second function is that of motivating and guiding clients to further treatment. This is done through individual counselling, lecture-discussion groups and through referral to other Addiction Services programs as required.

A third function is that of providing support to individuals who are sober but are experiencing some severe sobriety-based symptoms of alcoholism. To that end we will admit for stabilization and counselling.

STATISTICAL SUMMARY

Total Number of Admissions	521
Total Number of Male Admissions	499
Total Number of Female Admissions	22
Total Number of New Admissions	65
Total Number of Individuals Admitted	254
Total Number of Male Individuals	239
Total Number of Female Individuals	15
Average Age	44.8 years (Male)
	33.3 years (Female)
Average Length of Stay	5.0 days (Male)
	6.1 days (Female)
Residential Individual Counselling Sessions	477
Non-Residential Individual Counselling Sessions	476

Highway Safety Division

Number Highway Safety Assessments	67

NON-RESIDENTIAL SERVICES

The following services are provided on a non-residential basis, by Addiction Workers:

Aftercare

This is a program available to all chemically dependent persons who have completed a rehabilitation program, either residential or non-residential. It is conducted by staff and other chemically dependent persons who have several years sobriety and are well established in a program of Alcoholics Anonymous. The recommended length of stay in this program is one year, with attendance on a weekly basis.

STATISTICAL SUMMARY

Number Group Sessions	153
Number in Attendance	2,295
Average Group Size	15

Follow-Up

This group therapy program is designed for chemically dependent persons who have gone through a detoxification program but who have not as yet had a rehabilitation program. After discharge from Detoxification, it is recommended that people attend one follow-up meeting per week at the Detoxification Unit for a period of six months. Clients are also encouraged to become involved in the Alcoholics Anonymous program.

STATISTICAL SUMMARY

Number Group Sessions	55
Number in Attendance	968
Average Group Size	18

COMMUNITY DEVELOPMENT

In July, 1985 Alfred Egan, B.A., B.Ed., was hired as Community Development Coordinator to provide information and prevention programs in the schools and communities, in an effort to raise public awareness concerning chemical dependency.

School and Community Information Program

This program in Kings County was under the direction of the Community Development Coordinator. Information programs were offered to various groups and organizations within Kings County, and furthermore, while this component of our information outreach service is recognized as valuable and necessary, it is in the school system where our greatest emphasis lay.

A core program of chemical dependency information was designed and implemented by the coordinator to operate at the Grades 5-9 levels inclusively. Other grade levels are offered the same service upon request. The school program has as its overall guiding philosophy the creation of an atmosphere in which a concentrated effort may be made in the areas of prevention and early intervention. The direction taken was to focus strictly upon the subject of chemical dependency per se (i.e. alcoholism, drug addiction), and to examine it on an indepth level. This approach supplemented and enhanced the schools' existing health education curriculum which focused primarily upon factual information and statistical data with respect to alcohol and a variety of other drugs.

Our program also dovetailed and interfaced with the Alcohol-Marijuana Information Program offered by Allied Youth. Each school visited was given a resource package of pamphlets and handouts containing information on a wide variety of drugs. These materials were for teacher and library use.

The Community Development Coordinator also serves on a provincial committee to aid in the development and coordination of provincial projects such as Drug Awareness Week.

To aid us in our attempts to make our Community Information Outreach Program better known to the public at large, a great deal of advertising is done through such devices as public service announcements in various media and a mail advertising campaign to various service clubs, community, professional and church groups throughout the county.

STATISTICAL SUMMARY

Number of Classroom Sessions	80
Total Number Attending	2,006
Number of Community Sessions	9
Total Number Attending	232

LONG-TERM CARE CENTRE

This 10-bed Long-Term Care facility in Georgetown continues to accommodate people from all three Counties who suffer from chronic chemical dependencies. The length of stay varies with the individual needs of the client.

The Georgetown House continues to operate with a supervisor and two attendants who cover the evening and week-end shifts. A night watchman, hired under the Job Creation Program, is on duty from 12:00 a.m. until 8:00 a.m. to make regular rounds inside and outside the house in an effort to protect the property against fire or vandalism.

A program is conducted daily which consists of group discussion, individual counselling, films, life skills, residential and community A.A. After a suitable period of time, when residents are adjusted to the Long-Term Care Program, they are encouraged to seek employment.

STATISTICAL SUMMARY

Total Number of Admissions	52
Total Number of Individuals	51
Average Length of Stay	48 days
Average Age	50 years
Occupancy Rate	68%
Total Number Days Stay	2,467

INFORMATION AND DROP-IN CENTRE

The Information and Drop-In Centre at 30 Main Street, Montague continues to operate on a daily basis. It is staffed by a receptionist, hired under the Job Creation Program.

Video and cassette tapes are used in the daily information presentations for those requiring information on alcohol and other drug use.

Other programs conducted by the addiction staff are weekly Family programs, Aftercare group sessions, individual counselling and assessment interviews for Highway Safety Division.

Current material on alcohol and other drugs may be picked up from the display racks.

STATISTICAL SUMMARY

Number of Visits	1,012
Number of Individuals	418

FAMILY INFORMATION PROGRAM

This program consists of films, lectures and group discussions and recycles every seven weeks. Although this program is intended for family and friends of chemically dependent persons, any interested person may attend.

Those attending are encouraged to become involved with the Al-Anon program and are offered a contact. Our goal is to have full involvement of the family in the treatment process. However, our efforts are hampered by the fact that we do not have the services of a Family Counsellor. This work is presently being shared by the addictions staff.

A full-time Family Counsellor is needed in this County, as much more work needs to be done in this very important area of our services.

STATISTICAL SUMMARY

Number of Family Presentations	28
Number in Attendance	180
Number of One-to-One Counselling Sessions	57

QUEENS COUNTY ADDICTION SERVICES

McGill Avenue
P.O. Box 1832
Charlottetown, P.E.I.
C1A 7N5

TELEPHONE: 892-4265

BOARD OF DIRECTORS
ALCOHOL AND DRUG PROBLEMS INSTITUTE

APRIL 1, 1986 - MARCH 31, 1987

Dr. Leo Killorn, President
Mr. Gerry Birt
Mr. Jack Blanchard
Mr. Jim Brady
Mr. Brian Gillis - became member October 1986
Mrs. Helen Killorn
Ms. Gladys MacMillan
Mr. Ray Malone - became member October 1986
Mr. Mike O'Brien
Mr. Albert Ross
Rev. Susan Triantafillou
Mr. Gordon Tweedy
Mr. Freeman Whitty - resigned June 1986

MANAGEMENT PERSONNEL

Dr. Leo Killorn	Queens County Director Medical Consultant
Sister Bertha McCarthy, R.N.	Nursing Supervisor Detoxification Unit
Mr. Frank Blackett	Food Service Manager
Mr. Peter MacLean	Manager, Halfway House

OVERVIEW OF 1986-87

During the fiscal year 1986-87, once again, there were no major changes in the basic format or staffing of the major programs being presented by the Alcohol and Drug Problems Institute Inc. through the mechanism of Queens County Addiction Services. The content and the effectiveness of these varying programs continue to be monitored and improved on a regular basis by the Director and staff. During the year no programs were discontinued and, despite financial restraint, we continue to be able to present recovery programs to large numbers of chemically dependent persons, as well as providing programs for their families. We continue to receive referrals from the same community resources as in previous years, but it was noted that during this year the number of referrals from employers, and most particularly from the Provincial Government, were decreased. Treatment of chemically dependent adolescents, persons referred under the Highway Safety Act, and parolees, continued to be treated by Queens County Addiction Services.

A new program was instituted in conjunction with the Department of Justice, in that Helen Flynn, R.N., Nurse at the Provincial Correctional Centre, was seconded to the Alcohol and Drug Problems Institute for the purpose of developing an Early Release Program, mostly for incarcerated impaired drivers, from the Provincial Correctional Centre. Kathleen Trainor, R.N., who had been employed by the Institute as a Nurse in the Detoxification Unit, was seconded to the Department of Justice and functioned as the Nurse at the Provincial Correctional Centre. This program was operative from November 1986 until April 1, 1987, and was to continu during the fiscal year 1987-88, when it would be evaluated.

Our informational efforts directed towards the school system, professionals, and community groups continued as previously, with, once again, major assistance being provided in professional group awareness sessions by the Central Office of Addiction Services of Prince Edward Island.

The programs presently operative by the Alcohol and Drug Problems Institute, both under the umbrella of Queens County Addiction Services and as separate entities continue as follows. These are basically a carbon copy of our previous reports.

1. Residential Detoxification Program
2. Residential Rehabilitation Program
3. Residential Assessment Unit
4. Residential Halfway House
5. Non-Residential Services, including the following:

   (a) Non-Residential Rehabilitation Program

(b) Non-Residential Family Program

(c) Adolescent Treatment Program

(d) Children of Alcoholics Program

(e) Parents of Chemically Dependent Adolescents Program

6. Aftercare Program
7. Parole Program
8. Impaired Driver Program
9. Early Release Probation Program
10. Public Relations and Information Program, including School Program
11. Statistical Surveys and Evaluation Program

In this year's report the statistical summaries of each of these Departments for the year 1986-87 will be presented along with comparisons with the previous year.

It was not possible to engage in any new initiatives under the Queens County Addiction Services umbrella, but the early Release Probation Program in conjunction with the Department of Justice was instituted and operated by the Institute. Other than Helen Flynn, R.N. being added to the staff as a seconded person from the Department of Justice, the remainder of the staff continued to deal with the demand for services in an effective and efficient manner.

It should also be noted that, in contrast to many other areas in Canada, the Alcohol and Drug Problems Institute considers chemical dependency, whether this dependency be to alcohol, benzodiazepines, cannabis, cocaine or other legal and illegal drugs, as a primary, chronic disease which is treatable. We do not subscribe to the approach that "controlled use" of these substances, including alcohol, are neither feasible nor possible for our clients.

We continue to have an excellent liaison with Alcoholics Anonymous community groups in that the groups from the greater Charlottetown area presented a session once weekly to those in the Residential Rehabilitation Program, and visitations are carried out twice weekly in the evening by representatives of A.A. groups to residents in this program. We continue to refer all of our clients, either engaging in the Non-Residential or the Residential Rehabilitation Programs to Alcoholics Anonymous, Narcotics Anonymous, Al-Anon family groups, and Alateen.

The Director and staff of the Institute continue to have an excellent relationship with the various Government Departments, with whom we are in almost daily contact, as well as with the Unit III school system. The staff of the Emergency Department of the Queen Elizabeth Hospital continue to make emergency referrals to us, and continue to cooperate with us in assessing persons in our Detoxification Unit who are suffering from major physical ailments.

RESIDENTIAL DETOXIFICATION UNIT - PHASE I

Once again, there was no change in the functioning of this Unit during the year 1986-87. The nursing and medical staff of this Unit are responsible for admissions, smooth detoxification of clients from psychoactive substances, physical and social assessments and motivation towards further treatment.

The nursing staff of the Unit serves as the major liaison between clients, their families, and various community groups who are involved with the care of the client.

The number of compulsory clients remained about the same as the previous year, and the staff has now found it possible to provide motivation to these mandatory clients in a similar manner to those who are voluntary. These persons arrive as referrals under the Mental Health Act (committals), Probation Services, employers, the parole system, and Social Services.

The number of admissions to the Detoxification Unit continued at about the same number as in previous years, being 797, as compared to 814 the previous year. The average number of monthly admissions was 66, with the number of new admissions being 23, for a total number of new admissions during the year of 279. This was down somewhat from the previous year when 337 were new admissions.

Of the 797 admissions, 384 of these continued in Phase II of the program, a percentage of 48 percent, which was increased over the previous two years, when the rate was 44 percent. Also, the number of female admissions increased rather markedly from 144 to 187, being 23 percent of the total admissions. There were, therefore, 3 male admissions to every female admission.

The average age of the admissions decreased to 40 years from 41 years in males, and from 42 years to 40 years in females.

The total number of persons referred under the Mental Health act were 97, which is about 12 percent of our total admissions. The average number of monthly certifications was 8.

Urinary assays of selected clients for cannabis and benzodiazepines continued to be carried out by the nursing staff, and monitoring of those with high levels was continued as previously. The number of persons found to be dependent on cannabis increased from 135 to 167, but did not reach the level of 1984-85, when there were 269 persons admitted who were dependent on this drug.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number Admissions	814	797
Total Number Male Admissions	670	610
Percentage of Male Admissions	82%	77%
Total Number of Female Admissions	144	187
Percentage of Female Admissions	18%	23%
Average Number Monthly Admissions	68	66
Average Number Monthly New Admissions	24	23
Total Number New Admissions	337	279
Percentage New Admissions	41%	35%
Average Length of Stay - Males	6 days	6 days
Average Length of Stay - Females	6 days	7 days
Total Number Referred to Phase II	357	384
Percentage of Total Admissions to Phase II	44%	48%
Average Monthly Number Referred to Phase II	30	32
Average Age - Males	41 yrs.	40 yrs.
Average Age - Females	42 yrs.	40 yrs.
Total Number Persons Certified	98	97
Average Number Monthly Certified	8	8
Total Number Social Service Referrals (Residential)	55	61
Total Number Admissions Dependent on Cannabis	135	167
Total Number Employer Clients (Residential and Non-Residential)	58	55
Total Number Highway Safety Division Referrals (Residential)	28	40

RESIDENTIAL REHABILITATION PROGRAM - PHASE II

The admissions to this portion of the program continue to come through the Detoxification Unit, and the number of staff and the program in this Department was unchanged from the previous years.

The major objective of the program is to fulfil the need to provide a program of information and group therapy to alcoholics and other chemically dependent persons following a period of detoxification. The major functions of the program are to provide identification, insight, and motivation into the disease of chemical dependency. The recovery rate of people engaging in this portion of the program continues to be markedly higher than those who are merely detoxified.

The number of admissions to the program, once again, remained relatively stable, being 360. It is remarkable the stability of the admissions to this program since three consecutive years were 361, 357, and 360. The number of female admissions to the program had increased from 62 to 78. This was the largest number of female admissions we have had in one year in the program.

The average age of males in the program was 35, and of females 36. The number of parolees admitted to the program had fallen from 35 to 33. The number of referrals from Kings County had increased to 68.

In addition to the activities that the clients engage in during the program, they also develop a continuing recovery program for themselves in conjunction with the therapy staff, and are referred to an Aftercare Program following discharge.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number of Admissions	357	360
Total Number of Male Admissions	295	282
Total Number of Female Admissions	62	78
Average Number Monthly Admissions	30	30
Average Age - Males	34 years	35 years
Average Age - Females	32 years	36 years
Average Length of Stay	18 days	19 days
Total Number of Admissions - Parole	35	33
Total Number of Referrals from Kings County	53	68

RESIDENTIAL ASSESSMENT UNIT - POLICE UNIT

This Unit continues to provide supervision, medical care, and assessment to those persons referred from the police for public drunkenness, or referred from the Out-Patient Department of the Queen Elizabeth Hospital for short-term care and assessment, or persons only requesting or requiring short-term detoxification. There was no change in the number of beds in this Unit (8), or deletions or additions to the normal number of staff. The staff continued to be under the supervision of the nursing staff of the Detoxification Unit. Admissions to the Unit are either brought by the local police or screened through the Nurse in charge of the Detoxification Unit.

The Unit continued to provide a much needed emergency service to the community and prevented the regular Detoxification Unit from becoming a revolving door operation.

The number of admissions to this Unit increased during this year to 1,478 compared to 1,290 the previous year. The number of individuals admitted was 848, which was more than in the two previous years. The average number of monthly admissions was 123.

Despite the fact that this Unit exists for the utilization of the City Police and local R.C.M.P. there were still 650 persons transferred to the Provincial Correctional Centre who could not be handled in this Unit. This was a decrease of 107 from the previous year, but still remains inordinately high. We continue to hesitate to develop seclusion rooms in this Unit since it is obvious that this would require more staffing and far more turmoil than exists at the present time in the Unit.

The average length of stay in the Unit was 3 days, which is a marked increase from the previous years when the stay was 1.5 days. There were 168 persons referred for further treatment from the Unit.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number Referrals	1,960	2,034
Total Number Admitted	1,290	1,478
Total Number of Individuals Admitted	844	848
Average Monthly Admissions	108	123
Total Number of Police Referrals	1,473	1,584
Total Number of Non-Police Referrals	484	413
Total Number Transferred to Provincial Correctional Centre	757	650
Number Referred to further Treatment	179	168
Average Length of Stay	1.5 days	3 days

RESIDENTIAL HALFWAY HOUSE - TALBOT HOUSE

Once again, there was no change in the functioning or the staffing of this Department of the Alcohol and Drug Problems Institute during 1986-87. This Unit exists as our extended care facility for males and comprises 21 beds in mid-town Charlottetown. The occupancy rate remains around 80 percent, with the average length of stay being 32 days, which is similar to the previous years. The recommended length of stay continues to be two months.

The total number of admissions was relatively stable, 159 as compared to 161 the previous year, with a smaller number of individuals being served, namely, 81 compared to 120. The average age of the occupants of this facility continues to decrease, and during this year was 35 years of age.

The statistics for this Unit have remained stable for the past several years as they have for the rest of the residential program. When possible the majority of the residents who are capable are engaged in some form of occupation when these jobs become available.

A program is presented daily to the residents of this facility to identify their living problems and to increase their life skills. An Aftercare group is also operating in this Unit, as are regular Alcoholics Anonymous meetings.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number of Admissions	161	159
Total Number Individuals Served	120	81
Occupancy Rate	78%	71%
Average Length of Stay	34 days	32 days
Average Age	37 years	35 years
Total Number from Parole Services	35	37

NON-RESIDENTIAL REHABILITATION PROGRAM

As with the rest of the programs, this segment continued with the same program and same staffing as it had in previous years. The addition of Dr. Marjorie Smith during the previous year has greatly assisted the Therapist in the Non-Residential Program, as she serves as the medical consultant and assessment source, as well as providing physical and mental treatment for the clients when necessary.

In the preceding year, namely 1985-86, it was noted that the number of non-residents had increased by approximately 100. During this year the number had fallen to a more manageable level of 289, a decrease of 90 persons. The average number of monthly admissions to this program was now 24. It is noted that the total number of persons engaging in this portion of the program, which is basically informational, and includes both non-residents and residents, is 631 for the year 1986-87. This means that almost 53 persons per month engaged in some form of adult rehabilitation program for chemical dependency in Queens County Addiction Services. This is an extremely significant figure. Once again I should state that I am unaware of any treatment program that provides services to such a large group of individuals with such a small staff.

The total number of employer referrals as noted in the overview had decreased to 21. It was noted that two years before this the number was 56, and this obviously registers some sort of a gap in our outreach program. The total number of Social Service referrals had also decreased. The average age of clients engaging in this segment of the program was 38 years of age.

All persons engaging in this segment of the program are also referred to a long-term Aftercare group.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number Admissions (Residential)	354	342
Total Number Admissions (Non-Residential)	379	289
Total Number Engaging in Program	733	631
Average Monthly Admissions (Non-Residential)	32	24
Total Number Employer Referrals	29	21
Total Number Social Service Referrals	54	32
Average Age	40 years	38 years

NON-RESIDENTIAL FAMILY PROGRAM

This service continued to be conducted in a similar manner as in previous years, with one Family Therapist being responsible for the entire program, with the assistance of other staff members and volunteers. We have been trying to convince someone that we require assistance in this department of our program if it is to remain at an effective level. We believe that any efficient treatment program for chemical dependency must involve the family, and consider this an integral part of our total program.

Admissions to this program occurred as previously noted in one of two ways:

(a) either the family member is assessed by another staff member and referred to the Family Therapist for individual counselling, assessment and referral to the Family Program, or

(b) the person either comes voluntarily or is referred through one of the family services in Queens County directly to the Family Therapist.

The Family Orientation Program in which the majority of referrals are requested to engage is presented one evening a week for two hours over a ten-week period. Concurrently with that, the young children of alcoholics age 7 to 13 also engage in a program. The average attendance at each Monday night program was 32 adults and 9 children.

The total number of individual consultations decreased in 1986-87 to 613 from 762. However, the total number of family members served remained at a relatively stable level at 2,222, compared to 2,394 the year before.

The number of persons in the Family Aftercare sessions continue to remain low, and it is probable that this segment of the program will be discontinued in the coming year.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number of Family Orientation Sessions	46	45
Total Number Attending Family Orientation Sessions	2,196	2,131
Total Number Adults Attending Family Orientation Sessions	1,315	1,708
Total Number Children Attending Concurrent Children of Alcoholics Program	881	423
Average Attendance, Monday Night Family Program -		
(a) Adults	29	32
(b) Children	19	9
Total Number Individual Consultations	762	613
Total Number of Family Members Served	2,395	2,222
Average Number in Family Aftercare Sessions, Adults	5	4

ADOLESCENT TREATMENT PROGRAM

The Adolescent Treatment Program for chemically dependent adolescents age 18 years and under continued during the fiscal year 1986-87. The staff who present this program were not included in the Queens County Addiction Services Government budget, but were remunerated by the Institute outside the regular payroll. During this year the number referred to the program were 48, as compared to 49 for the previous year. There were 33 males and 15 females.

The number of sessions presented in the program increased from 94 to 105. The Adolescent Treatment Program consisted of eight sessions on a twice-weekly basis, and was followed by the Aftercare Program, which continued on a once-weekly basis for a period of six months. The average number in attendance at the Aftercare sessions were 7 persons.

The total number of individual consultations during the year was 580, which is an increase of 42 from the previous year. This is a major part of our Adolescent Program, because in addition to consultation with the adolescents themselves, their parents are also provided with individual counselling sessions and appraisal of their own needs.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number in Adolescent Treatment Program	49	48
Males	35	33
Females	14	15
Total Number Sessions Presented in Program	94	105
Total Attendance at Program	485	472
Average Number in Attendance at Aftercare Program	9	7
Number of Individual Consultations	538	580

CHILDREN OF ALCOHOLICS PROGRAM

This program continued during 1986-87 in a similar manner as it was operated previously. This program was also under the supervision of the Alcohol and Drug Problems Institute and was not included in the budget for Queens County Addiction Services. It is believed that this segment of the program should come under the umbrella of Queens County Addiction Services.

The pre-adolescent Children of Alcoholics Program attracted 83 people during this fiscal year, as contrasted to 97 the previous year, with 43 being males and 40 females. The program consisted of one two-hour session on Monday night for a period of 10 weeks.

The adolescent Children of Alcoholics Program was presented by the staff who present the Adolescent Treatment Program. The number of participants in this program was 38, of which 21 were male and 17 female. These included adolescents from age 13 to 18.

In addition to the two younger age groups there are multiple consultations with adult children of alcoholics who are exhibiting mental or social problems connected with their co-dependency, which is either active at the present time or had been operative in the past.

STATISTICAL SUMMARY

	1985-86	1986-87
Children of Alcoholics - Age 7 to 13		
Number of Participants	97	83
Male	46	43
Female	51	40
Adolescent Children of Alcoholics		
Number of Participants	45	38
Male	18	21
Female	27	17
Number of Sessions Presented - Age 7 to 13	45	45
Total Attendance - Age 7 to 13	730	400
Number of Sessions Presented - Age 13 to 18	46	52
Total Attendance - Age 13 to 18	298	166

AFTERCARE PROGRAM

The Aftercare Programs are considered an essential part of our total program and are described as Phase III of our treatment program, with Phase I being Detoxification, and Phase II being our Rehabilitation and Information Programs.

Aftercare Programs are recommended for: (a) all persons who have completed either the Residential or Non-Residential three-week Rehabilitation Program, (b) all those who have completed the Adolescent Treatment Program, and (c) selected persons who have attended the Family Orientation Program. There is also (d) an Aftercare group held at the Halfway House, or Long-Term Residential Facility. The length of stay in these varying Aftercare Programs is recommended to be at least six months, but may be extended to one year under certain circumstances. It is probable that they should continue for one year, but because of lack of persons, space, and financing, this is not possible. The post-rehabilitation Aftercare groups remained at 8. There were 4 at the beginning of 1984. The average number of persons in attendance at each group was 8.7, which was a slight decrease from 10.2 the previous year. The total number of persons served had also decreased, 90, from a serious maximum of 303 in 1985-86. It is obvious looking at our statistics of 1985-86 that this was an abnormal year, and we have now returned to the normal level which was present the year before that. The number of persons completing the program were almost as many as the year before, despite the fact that there were 90 less persons in the program. We are approaching 50 percent retention in our Aftercare Program in this area.

There continued to be frequent communication between the leaders of the Aftercare groups and the Phase II Addiction Therapists, and a monthly meeting is held at which time administrative and other problems are discussed with the group leaders, the Director, and the therapy staff.

Assessment and evaluation of these Aftercare groups are carried out by the Public Relations Officer for Queens County Addiction Services.

The other Aftercare groups, namely, Adolescent and Family, are presented under their specific headings.

STATISTICAL SUMMARY

	1985-86	1986-87
Number of Aftercare Groups	6-8	7-8
Number of Aftercare Sessions	350	374
Average Number in Attendance	10.2	8.7
Total Number of Persons Served	303	213
Number Completing Aftercare Program	108	97

PAROLE PROGRAM

The Parole Program directed towards those inmates of either Provincial or Federal correctional institutions continued during 1986-87 as in the previous year. The program recommended for these persons was to spend three weeks in the Residential Rehabilitation Program, followed by two months at the Queens County Halfway House. The majority of persons entering this program completed the program and it has been noted by Parole Services in our local area that the number of recidivists has markedly decreased since this program has been operative.

The number of parolees treated during 1986-87 was 37.

STATISTICAL SUMMARY

	1985-86	1986-87
Number Persons Completed Program	35	37

IMPAIRED DRIVER PROGRAM

This program, which the Institute operates in conjunction with the Highway Safety Division, continued during the year 1986-87. It has now been functional for almost two and one-half years and is fairly well stabilized. The persons referred to this program are in general those who have had three or more convictions for impaired driving, although those with a lesser number of convictions may be referred if found to be appropriate by the Highway Safety Division staff. Following assessment by our staff the vast majority of these clients are referred to either a Residential or a Non-Residential Rehabilitation Program, followed by a six-month to one-year Aftercare Program. Periodic reports are sent to the Highway Safety Division on a monthly basis, and it is on the basis of these reports that the Division decides whether or not to reinstate the person's driving privileges.

The number of persons processed under this program from April 1, 1986 to March 31, 1987 were 130, of which 84 completed the Non-Residential Program and 46 completed the Residential Program. In addition to this, since we provide rehabilitation programs for Kings County, it is noted that 11 persons from Kings County took the Non-Residential Program and 33 persons from Kings County took the Residential Program under Highway Safety Division referrals. This made a total of 174 persons in all from the Highway Safety Division who engaged in our Rehabilitation Program.

Once again, we must state that it was necessary for the regular staff to absorb this extra work required to provide this service to the Highway Safety Division, but no financial arrangement could be worked out. It is still felt that a liaison person is necessary between the Institute programs and the Highway Safety Division in order to more satisfactorily monitor this very important program.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Number Assessments	155	85
Total Number Completed Non-Residential Program	90	84
Total Number Completed Residential Program	41	46
Services Provided to Highway Safety Division Referrals from Kings County:		
Non-Residential Program	20	11
Residential Program	41	33
Total (Queens County and Kings County)	192	174

PUBLIC RELATIONS AND INFORMATION PROGRAM

This program in Queens County was under the direction of the Community Development Coordinator in 1986-87, and the activities were, for the most part, similar to the previous year, in that informational programs were presented to the elementary and junior high schools, as well as sessions to senior high schools and community professional groups.

In addition to this work the person in this position also provided assessments and reporting to the Highway Safety Division regarding their referrals, and provided the staff with statistical surveys of the results of our Aftercare Program.

The informational services provided to professional groups in the Queens County area were, in many cases, in cooperation with the Community Development Coordinator of the Central Office. The emphasis on community groups continues to be directed towards youth and their problems with alcohol and various other chemicals.

In-service training sessions were provided during the year by a two-day workshop presented by Jack Blanchard of Student Services, University of Prince Edward Island. These sessions were presented in coordination with the other two Counties, and were focussed on personal development. No outside speakers for staff training were brought in because of the current restraint program.

A one-day session was presented on two occasions for the Aftercare leaders of the Queens County groups by the Institute, and were coordinated by our Coordinator.

In addition to this, the Institute has developed a weekly, one-hour training session for the therapy staff during which outside speakers from the community are brought in to discuss various problems connected with the operation of the services, as well as various therapists presenting their views on either attendance at conferences or from reading material to the rest of the staff.

We have focussed a great deal of our attention on the junior high schools because we believe this is a crucial area in adolescent development, and has been the major basis of our program for the schools. We are, however, not reaching all of the junior high schools in the area and it is hoped that this can be improved during the coming year. The program that we present to all Grade VII students is a field trip to our facility and a two-hour informational session there.

At the senior high school level we have continued to improve our involvement and the Community Development Coordinator has developed four modules for presentation to high school groups, and these have been well received. We have also been involved with the Peer Education Program and the SADD Program in the regional high schools.

STATISTICAL SUMMARY

	1985-86	1986-87
Total Sessions (Grade VI & VII)	42	31
Total Attendance	885	807
Total Sessions (Sr. High & Mature Students)	19	32
Total Attendance	172	438
Total Sessions (Community Groups)	15	13
Total Attendance	324	362
Total Number of Sessions	76	76
Total Number of Individuals	1,381	1,607

PRINCE COUNTY ADDICTION SERVICES INC.

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PRINCE COUNTY ADDICTION SERVICES INC.
APRIL 1, 1986 - MARCH 31, 1987

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Mr. Michael Fitzpatrick	Rehabilitation Supervisor Intermediate Care
Mr. Gerald Rooney	Residence Manager Extended Care Unit
Dr. Sheldon R. Cameron	Medical Consultant

PRIMARY CARE (DETOXIFICATION PROGRAM)

The Primary Care Unit located in the basement of the Prince County Hospital's Nurses Residence carried out its objectives in much the same manner as in previous years. These objectives are to provide safe medically supervised detoxification from all mood-altering chemicals, instruction of clients as to the nature of their addiction and motivation to further treatment.

Self or family referrals continue to be the main referral source for this unit accounting for approximately 58 percent of the referrals. The remainder of the referrals are made by agencies such as hospitals, physicians, and various areas of the justice system.

During the reporting period the demand for service continued to increase as in previous years. The average occupancy rate for the year is 94 percent with September and March being the peak period at 100 percent occupancy. Because of this high occupancy rate, beds are seldom available at the time they are needed and clients must wait in some cases several days for admission. Under these circumstances, it is becoming increasingly difficult to provide emergency service for those who require it.

STATISTICAL SUMMARY

Total Number of Admissions	654
Total Number of Male Admissions	557 (85.2%)
Total Number of Female Admissions	97 (14.8%)
Total Number of Individuals	412
Total Number of New Clients	156 (23.9%)
Average Age - Male	38
Average Age - Female	36
Average Length of Stay - Males	8 Days
Average Length of Stay - Females	12 Days
Average Occupancy Rate	94%

DETOX. VOLUNTEER FOLLOW-UP PROGRAM

This program is conducted by a group of volunteers composed of people who are recovering from chemical dependency. It operates under the direction of the Detox. Nursing Supervisor and a volunteer Coordinator. There are approximately 90 volunteers involved in the program. Its objectives are:

(1) To provide an ongoing community support system for clients both during treatment and following discharge.

(2) To assist the Agency's follow-up services.

(3) To utilize valuable community volunteer workers.

(4) To strengthen communication and maintain rapport between the Agency, the program of Alcoholics Anonymous and the general public.

The program operates according to a rotating monthly schedule set up by the Coordinator. Teams of two volunteers visit the Detox. Unit twice a week to interview those clients who have given written consent to see them. During the visit, the client is encouraged to choose a contact from his or her own community for additional support and introduction to a local A.A. group when he/she returns home. The contact is immediately established by telephone and the contact's name and telephone number are recorded on the client's file for future reference.

This program has been in operation for several years and has proven to be a valuable asset to both the Agency and its clients. Its success is due to the continuing dedication of the Coordinator and the many volunteers.

STATISTICAL SUMMARY

Total Number of Contacts Made		319
Summerside and Area	138	
West Prince	118	
East Prince	38	
Kings County	9	
Queens County	16	

INTERMEDIATE CARE (REHABILITATION PROGRAM)

The Intermediate Care Program provides the second phase of treatment for chemical dependency. The main requirement for admission to the program is that the client must be adequately detoxed from all mood-altering chemicals.

The program is of three weeks' duration and may be taken as a resident or day case dependent on the decision of the admissions staff. This decision is based on several factors such as the availability of transportation, the stability of the home environment, the severity of the dependence and the client's motivation to remain abstinent during treatment. The treatment regime is identical for residential and non-residential clients as they are intermingled in the same therapy group. Residential clients are housed in either the Primary Care Unit or the Extended Care Facility, St. Eleanor's House.

In a closed, small (maximum twelve members) group setting the nature of chemical dependency is explored in depth. The negative effects on the physical, emotional, social and spiritual well being of the individual are emphasized. Guidelines to successful recovery are suggested and effective living without the use of mood-altering chemicals is promoted. Various techniques employed include lectures, video tapes, group discussion and guest speakers.

During the program clients are encouraged to view the group as their main support system and to maintain contact with group members after completion of the program. This is promoted in recognition of the fact that the group as a whole can be more effective in this capacity than individual counsellors. It also avoids the situation of clients becoming overly dependent on the counselling staff.

Emphasis is placed on Aftercare as a critical component of the overall recovery process. Upon completion of the Intermediate Care Program, participants are referred to the third treatment phase which is attendance at a weekly Aftercare group for a one-year period. It is also recommended that they attend a minimum of three A.A. meetings per week.

Repeat admissions to the Intermediate Care Program are not made for a minimum of one year and then only at the discretion of staff. In the event of a return to chemical use, clients are referred to the Primary Care Unit and encouraged to resume their Aftercare recommendations following detoxification.

This program is also much in demand and is usually booked at least two programs in advance. This means that clients must wait three to six weeks for admission.

The majority of referrals to this program are received from various areas of the Justice system. Another significant source of referral is the Highway Safety Division.

STATISTICAL SUMMARY

Total Number of Admissions	171
Total Number of Individuals	166
Total Number of New Admissions	149 (87.1%)
Total Number of Male Admissions	146 (85%)
Total Number of Female Admissions	25 (15%)
Average Age - Male	33
Average Age - Female	33
Percentage of Residential Clients	50.4%
Percentage of Non-Residential Clients	49.6%
Total Number of Justice Referrals	56
Total Number of Highway Safety Referrals	27

AFTERCARE PROGRAM

Following completion of the Intermediate Care Program, clients are enrolled in a structured Aftercare Program. They are strongly encouraged to attend and complete the third phase as it is considered to be a final component of the complete treatment process. It is designed to assist the client to maintain long-term abstinence and reinforce the lifestyle changes promoted during the earlier treatment phases.

During the previous reporting period, the structure of the Aftercare Program was changed considerably. It continues to function in the same manner with eight small groups who meet weekly under the leadership of individuals from the community who have experienced chemical dependency themselves and have acquired stability in their personal recovery. Two of these Aftercare groups are conducted in the West Prince area to provide easier access for residents from that area.

Clients are encouraged to complete the full Aftercare phase. The recommended length of time is one year.

STATISTICAL SUMMARY

Total Number of Groups	8
Total Number of Group Sessions	327
Average Group Size	9
Total Number of Individuals	253

FAMILY CARE

Various services are provided for the family of the chemically dependent individual by this Agency.

A structured Family Information Program consisting of one evening session weekly for nine weeks is conducted by the Family Counsellor at the Addiction Centre in Summerside. The program is open-ended and recycles every nine weeks. Although especially intended for family members of clients in treatment it is also open to any individual in the community who is affected by or concerned about another's chemical use regardless of whether or not that person has been exposed to treatment. Two general topics "Addictions" and "Family Recovery" are dealt with during the nine weeks by use of films, lectures and group discussions.

In order to provide family services for residents of West Prince, one full cycle of the Family Information Program has been conducted in the Westisle Composite School each fall for the past several years.

In addition to the Information Program, other services are provided for the family. The Family Counsellor contacts some family member of every client who is admitted to any one of our treatment programs. Individual counselling is provided as well as referrals to other agencies and to self-help groups such as Al-Anon and Alateen.

Information sessions on the family effects of chemical dependency are also provided for clients in treatment in both Primary and Intermediate Care Programs. These are also conducted by the Family Counsellor.

STATISTICAL SUMMARY

Total Number of Individuals	659
Total Number of Office Consultations	552
Total Number of Telephone Consultations	814
Total Number of Large Group Sessions	42
Total Number in Attendance	795
Average Group Size	19
Total Number of Small Group Sessions	37
Total Number in Attendance	382
Average Group Size	10

WEST PRINCE FAMILY INFORMATION PROGRAM

Total Number of Group Sessions	6
Average Group Attendance	12
Total Number of Individuals	31

WEST PRINCE COUNSELLING SERVICE

A community addictions counselling resource is provided in the western area of Prince County. Staffed by one full-time Counsellor with a back-up of other staff of the Agency, this service provides assessment, counselling, referral and follow-up counselling for residents of West Prince.

The Counsellor has office hours in the Western Hospital, Alberton, two days a week and in the Regional Services Centre, O'Leary, two mornings a week. A great deal of his time is spent making home visits in response to requests from residents of the area. During this reporting period an effort was made to increase office visits and decrease home visits in order to make more efficient use of the Counsellor's time.

The Counsellor also conducts group sessions weekly in the Primary Care Unit to familiarize clients from West Prince with his services and to develop follow-up plans following their discharge. In addition, the Counsellor conducts a weekly Aftercare group in Alberton. An Aftercare group is also conducted once a week in Tignish.

STATISTICAL SUMMARY

Total Number of Individuals Served	232
Total Number of Home Visits	199
Total Number of Detox. and Hospital Visits	117
Total Number of Office Visits	235

EXTENDED CARE

The Extended Care Facility "St. Eleanor's House" is the oldest treatment facility in Prince County. During this reporting period it continued to function in a similar manner as in previous years. In recent years there has been a significant increase in the demand for service in this facility. In response to this increase the bed capacity of the house was expanded during this reporting period to accommodate twelve men instead of ten. The rising demand for service is due to an increase in the number of referrals from the Justice system.

The house program is aimed at reinforcing the guidelines to recovery introduced during earlier treatment phases by daily exposure to films, group discussions and A.A. meetings. The house rules and work therapy are some of the methods used to assist residents in adopting more appropriate lifestyles. Clients are encouraged to seek employment as soon as they are considered to be stable in their recovery. If unemployed, referrals are made to Canada Employment and Immigration as well as other agencies for programs such as upgrading educational levels, vocational training or work adjustment training and other similar projects.

As staffing is minimal in this facility, residents are responsible for housekeeping, laundry, maintenance, gardening and grounds-keeping duties. These duties are assigned on a weekly schedule and each resident is responsible to carry out his assigned tasks.

Residents are gradually prepared for stable re-entry to the community and encouraged to regain family ties where possible.

STATISTICAL SUMMARY

Total Number of Admissions	118
Total Number of Individuals	100
Number of New Admissions	75
Average Age	33 years
Average Length of Stay	31 days
Occupancy Rate	89%

NON-RESIDENTIAL SERVICES

In addition to the structured treatment programs, the Agency provides various non-residential services such as: assessment and intervention interviews, individual counselling, follow-up counselling, Antabuse administration, and drug screening. The major sources of referral for these services continue to be from various areas of the Justice system, Highway safety Division and employers. These services are mainly provided by the Counselling and Nursing staff of the Agency.

A number of these non-residential services are provided outside the Agency's facilities. These would include such areas as hospitals and provincial correctional institutions.

STATISTICAL SUMMARY

Total Number of Individuals Seen	731
Total Number of Telephone Consultations	1,401
Total Number of Office Visits	1,185
Total Number of Visits Outside the Agency	77

COMMUNITY DEVELOPMENT SERVICES

This program complements the treatment services of the Agency in attempting to reduce alcohol and other drug problems in the community.

Under the direction of a Community Development Coordinator, many approaches are used in raising public awareness of issues related to chemical dependency. Focusing mainly on youth, the majority of the Coordinator's time is spent in conducting information sessions in schools and other youth groups as well as working with parent groups. Information sessions are also presented to other community and professional groups. A great deal of information is disseminated to the general public by use of the media, public displays and the maintenance of the resource library at the Addiction Centre in Summerside. This lending library is available for public use.

The Coordinator also serves on a Provincial Committee to develop and coordinate Provincial projects such as Drug Awareness Week.

STATISTICAL SUMMARY

Type of Group	No. of Sessions	Average Group Size	Total Attendance
School Students	62	30	1,864
Mature Students	17	16	212
Community	30	31	937
Professional Groups	10	28	281
Parents Care Program	5	27	139
Other	34	13	447

MISCELLANEOUS ACTIVITIES

Displays	35
Meetings	102
Media Activities	10
Other	10